

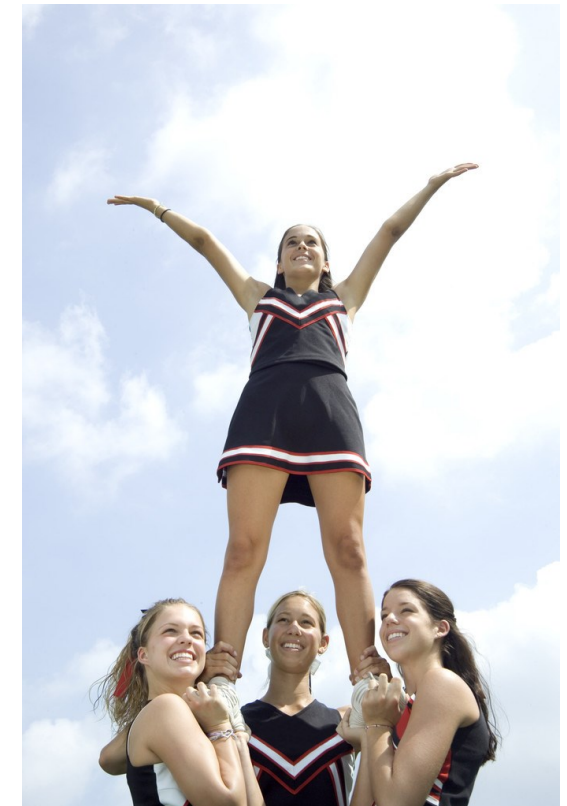


City of Nashua,
Division of Public Works
Mayor Donnalee Lozeau

2015 GIRLS CHEERLEADING CAMP

JULY 20ST – JULY 24TH

AGES 5 - 15
\$90/RESIDENT
\$130/NON-RESIDENT



WHERE TO OBTAIN PARKS & REC. INFORMATION



Nashua Park and Recreation

Information about Parks & Recreation events and clinics being held throughout the summer will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can also be reached via the City of Nashua's website at www.gonashua.com.

Questions or concerns can be directed to:

Tom Dwane, Program Manager
dw Janet@nasuanh.gov

Kellie Oberholtzer, Program Coordinator
oberholtzerk@nashuanh.gov

Nondiscrimination Policy

The City of Nashua does not discriminate against any individual or group with respect to religion, color, national origin, sex, or handicap for the use of its parks and recreation facilities or any other programs.

2015 NASHUA GIRLS CHEERLEADING SUMMER CAMP REGISTRATION FORM

Child's Name _____ D.O.B. _____ Age _____ (At Camp Date)

Address _____ Home # _____ Emergency # _____

Medical Problems _____ Email Address _____

NO REFUNDS MADE IF CANCELLATION OCCURS AFTER JULY 10, 2015

Cost for Camp-\$90 RESIDENTS \$130 NON-RESIDENTS

(must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at www.gonashua.com.

☐ I understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents incurred in this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.

Parent/Guardian _____ / _____ Date: _____

(Sign Here)

(Print Here)

Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 03064-1729.

Make Checks Payable to: City of Nashua

GENERAL INFORMATION

Camp is held at Nashua High School South

Time: 9:00 AM - 3:00 PM

Drop-off starts at 8:45am

Pick-up ends at 3:30pm

July 20st - July 24th

\$90/Resident

\$130/Non-resident

WHAT TO BRING

- Sneakers
(No Flip Flops)
- Shorts
- Water
- Lunch
- Snacks



CAMP DIRECTOR

Brandi Six

Cheerleading Coach
Elm Street Middle School



WHEN CAMP ENDS...

Summer camps are a great way to introduce kids to a variety of sports that may interest them. For those who are interested in continuing to cheer beyond summer camp, here are some tips and other information to prepare you for the sport:

- Eat healthy
- Get plenty of rest
- Get in shape and stay active. You'll need strength, endurance, and flexibility to be a successful cheerleader or dancer.
- If you're considering tryouts, be sure to find out the time span of tryouts. Is it two weeks or two days? Also, find out if there are any special events that you should attend or at least be aware of (i.e. a stunt, tumbling, or dance technique class, mock tryouts, etc.).
- Talk to past or present team members. They can be an excellent source of information about the style of cheer or dance coaches look for. Most people would be flattered that you're asking for their help.
- Record the tryout music.
- Every time you practice, even while you're just learning, do all the moves full out and sharp. This will help it become natural.
- Have confidence in yourself - at clinic and on the day of tryouts. A simple smile and a great attitude can show a great deal to the coach and judges.

CHECK ALL THAT APPLY



Girls Cheerleading Camp
Nashua High School South
July 20 - July 24
9:00 AM - 3:00 PM

INTERESTING FACTS

According to the book "The Complete Guide to Cheerleading," organized cheering started at Princeton University in 1884, when the crowd created a cheer to inspire its team. In 1898, Tom Peebles became the first cheerleader when he led the crowd at the University of Minnesota. Later that year, a group of six men at the University of Minnesota continued the trend and expanded cheerleading. In 1923, cheerleading expanded to include women.

Cheerleading has grown considerably since its origins -- most college football and basketball teams now have their own squads. In addition, every team in the NFL has a cheerleading squad, as well as the majority of NBA teams. In 2003, the Florida Marlins became the first MLB team to introduce a cheerleading squad, which other teams have since duplicated.

